



Department of Health and Human Services/Centers for Disease Control and Prevention

Global AIDS Program (GAP)

Under the direction of the U.S. Global AIDS Coordinator's Office, the HHS/CDC Global AIDS Program (GAP) is a proud partner in the unified U.S. Government effort to implement the President's Emergency Plan for AIDS Relief. GAP helps resource-constrained countries prevent HIV infection; improve treatment, care, and support for people living with HIV; and build capacity and infrastructure to address the global HIV/AIDS pandemic.

About Our Work: HIV Counseling and Testing

CDC-Supported HIV Counseling and Testing Activities

HIV counseling and testing services play a vital role in the global scale-up of HIV care, treatment, and prevention services.

In Kenya, with U.S. Government (USG) funding, CDC helped establish... special HIV counseling and testing services for vulnerable populations, including youth and the hearing-impaired.

In Uganda, with USG funding, CDC helped... train community health workers to visit villages and provide home-based HIV counseling and testing services to household members of HIV-positive persons.

In Ethiopia, with USG funding, CDC supported... the establishment of VCT services at military health facilities and workplace settings.

HIV counseling and testing encourages individuals to learn their HIV status, reduce their HIV risk, and provides them with appropriate linkages to care, treatment, and support services.

There are several models of HIV counseling and testing, that are used in different settings:

Voluntary HIV Counseling and Testing (VCT) gives clients an opportunity to confidentially explore their HIV risks and to learn their HIV test result. VCT services can be provided in freestanding sites or imbedded within other facilities, such as health centers, workplace settings, and military facilities. The target audience is individuals who are interested in knowing their HIV status and learning how to reduce their risk. The focus of the counseling sessions is on risk assessment, risk reduction, partner referral, and linkages to care, treatment, and support.

Couple HIV Counseling and Testing (CHCT) allows sexual partners to learn their HIV status together as a unit. It is offered at VCT sites but may also be offered in other settings as well, such as prenatal clinics. CHCT is an important intervention because as many as 30% of couples in high HIV prevalence countries are serodiscordant, or have one partner who is infected with HIV and one who is not. Counseling sessions focus on discussing risk issues and concerns, risk reduction, and linkages to care, treatment, and support.

Provider-initiated HIV counseling and testing takes place in clinical settings, such as medical wards, and tuberculosis and sexually transmitted infection clinics, for the purposes of HIV diagnosis and clinical care management. Pre- and post-test counseling sessions focus on recommending and offering the HIV test, obtaining informed consent, using the test results to make medical care decisions or recommendations, and providing appropriate referrals.

Testing and counseling for Prevention of Mother-to-Child Transmission of HIV (PMTCT) occurs in prenatal and labor and delivery settings for the purposes of learning a pregnant woman's HIV status and, if necessary, providing a PMTCT intervention. Pre- and post-test counseling sessions focus on recommending and offering the HIV test, obtaining informed consent, using the test results to make decisions about PMTCT, and providing appropriate referrals for follow-up care, treatment, and support.

The Global AIDS Program, with U.S. Government funding, assists ministries of health, non-governmental organizations, and multilateral and bilateral organizations, such as the U.S. Agency for International Development and the World Health Organization, to strengthen their HIV counseling and testing efforts by providing:

- ◆ intervention protocol development;
- ◆ training for HIV counseling and testing;
- ◆ assessment and program planning;
- ◆ quality assurance and program management;
- ◆ monitoring and evaluation.

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